

THE PERFECT BALANCE 2.0

OUR ANNUAL JANUARY 31 DAY PILATES CHALLENGE IS BACK!

- MON 02 FRESH START FULL BODY 30 MIN
- TUE 03 DEFINE UPPER BODY 15 MIN
- WED 04 ACTIVE REST
- THU 05 DEFINE INNER THIGH & ABS 15 MIN
- FRI 06 CLASSICAL 40 MIN
- SAT 07 DYNAMIC PILATES 30 MIN
- SUN 08 ACTIVE REST
- MON 09 FRESH FLOW FULL BODY 25 MIN
- TUE 10 UPPER BODY FLOW 15 MIN
- WED 11 ACTIVE REST
- THU 12 SCULPT LOWER BODY 15 MIN
- FRI 13 COMPLETE 40 MIN
- SAT 14 ENERGISE FLOW 30 MIN
- SUN 15 ACTIVE REST
- MON 16 FULL BODY ENERGISE 30 MIN
- TUE 17 POWER UPPER BODY 15 MIN
- WED 18 ACTIVE REST
- THU 19 DEFINE STANDING LEGS 15 MIN
- FRI 20 MORNING FLOW 45 MIN
- SAT 21 DYNAMIC PILATES 23 MIN
- SUN 22 ACTIVE REST
- MON 23 FRESH START FULL BODY 28 MIN
- TUE 24 FLOW UPPER BODY 15 MIN
- WED 25 ACTIVE REST
- THU 26 TOTAL TONE THIGHS & ABS 23 MIN
- FRI 27 FULL BODY 42 MIN
- SAT 28 FULL BODY FLOW 30 MIN
- SUN 29 ACTIVE REST
- MON 30 STRENGTH & STRETCH 35 MIN
- TUE 31 YOUR CHOICE! REPEAT YOUR FAVOURITE CLASS!

KATY BATH PILATES

ABOUT THE 31 DAY CHALLENGE

WHAT TO EXPECT

Your perfect Pilates balance with 5 unique classes each week split into themes

Monday: Energising & Uplifting

Tuesday: Upper Body Sculpt & Tone express

Thursday: Lower Body Sculpt & Tone express

Friday: Classical & Revitalising

Saturday: Strengthening & Flowing

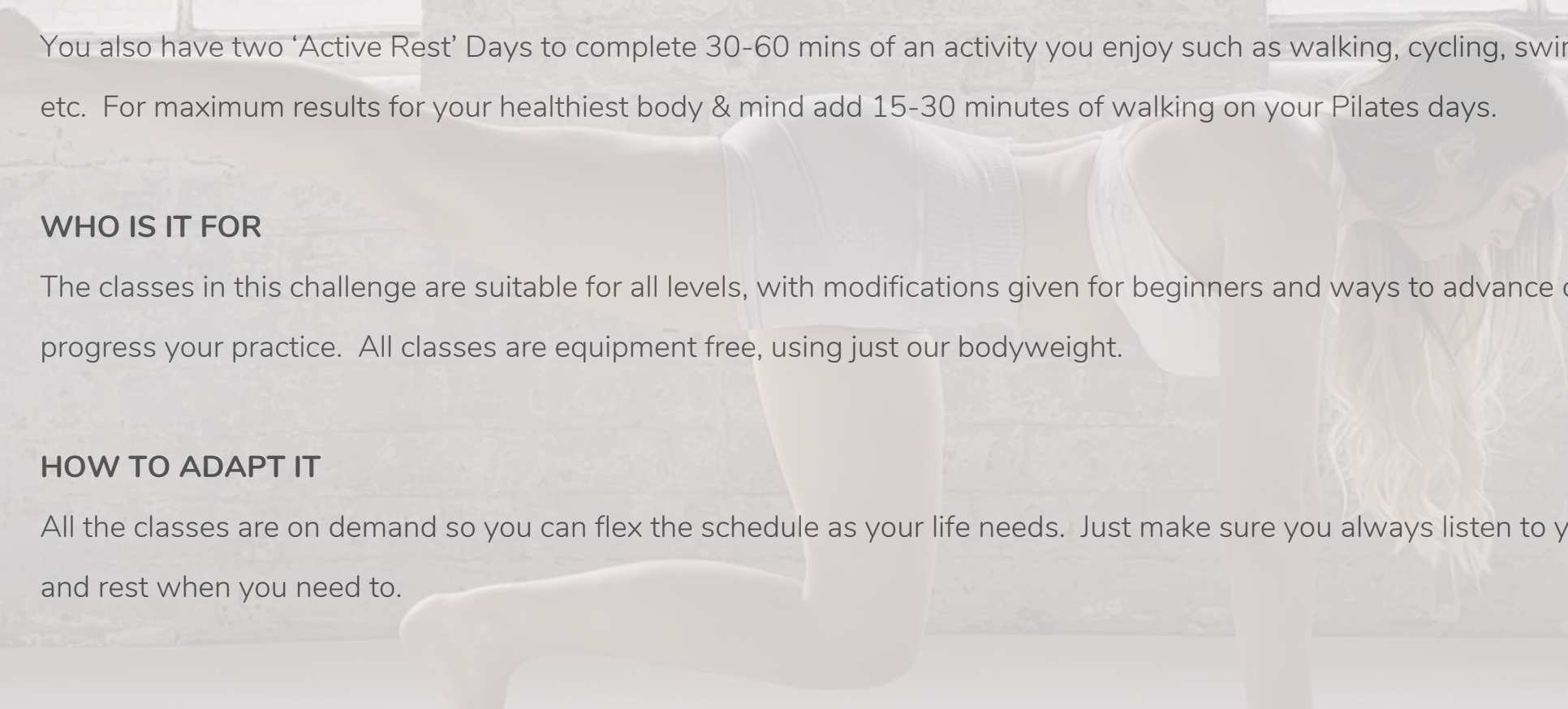
You also have two 'Active Rest' Days to complete 30-60 mins of an activity you enjoy such as walking, cycling, swimming etc. For maximum results for your healthiest body & mind add 15-30 minutes of walking on your Pilates days.

WHO IS IT FOR

The classes in this challenge are suitable for all levels, with modifications given for beginners and ways to advance offered to progress your practice. All classes are equipment free, using just our bodyweight.

HOW TO ADAPT IT

All the classes are on demand so you can flex the schedule as your life needs. Just make sure you always listen to your body and rest when you need to.



OPTIMISE YOUR HEALTH



Running alongside your movement challenge for the month, you can choose to take part in this extra challenge. I want us to really focus on starting the year with a mindset of what we will GAIN, what we will ADD rather than losing or restricting.

EAT 30 DIFFERENT PLANTS A WEEK

We all know that consuming plants are good for our health, but during this challenge we will focus on variety - Eating 30 different plants a week can boost the diversity and health of our gut microbiome. This has an impact on our overall health and wellbeing.

HOW TO DO IT

You will find a page of guidance and a page listing lots of foods and drinks that count as a plant.

You'll be suprised to see such a variety and some you may not expect, like coffee and even chocolate!

TRACK IT

Use the tracker provided to keep count or simply a note on your phone

SHARE IT

Use our Facebook community group to grab an accountability partner, get some inspiration and share your wins!

30 PLANTS A WEEK: GUIDANCE

Here are a few tips to help you get started and keep going. On the next page you'll find a big list of foods to inspire you

CREATING A POSITIVE CHANGE

It's not always easy, for anyone and I'm sharing the Fogg Behavioural Model to help support us as I love it!

Here's how it works:

To achieve a **B**ehaviour you need to have **M**otivation + **A**bility + **P**rompt converge at the same time. (B-MAP).

BEHAVIOUR: We want to add in 30 different plants to our life each week.

MOTIVATION: Do you know why you want to do it? Understanding **WHY** you are aiming for this goal can help here. I've included some information on the next page for you.

ABILITY: Plan some meals that you can make, get yourself prepared and make it as easy as you can. Adding a few mixed nuts and seeds to porridge, an extra piece of fruit on the side and a sprinkle of cinnamon all add up fast!

PROMPT: Set a reminder on your phone, stick a chart on your fridge door or get a friend or family member to do it with you.

TIPS

Keep it simple! Look at small ways you can add to your existing meals.

If you plan and shop ahead you can make sure you have some staples in your cupboards and a good variety of fresh/frozen on hand.

Smoothies and soups are great ways to pack in a lot of goodness too!

30 PLANTS A WEEK: WHY

WHY WE SHOULD EAT 30 DIFFERENT PLANTS A WEEK

Plants contain prebiotics which are good bugs for our guts. Different plants contain different prebiotics which means eating a wide variety is likely to support the diversity in our gut microbiome. Scientists believe that a diverse gut microbiome rich in good bugs will help us to live longer, healthier lives and reduce the risk of many diseases.

30 PLANTS A WEEK: YOUR TURN

WRITE DOWN PLANTS YOU CURRENTLY HAVE EACH WEEK // SOME THAT ARE EASY TO ADD

PLANTS I CURRENTLY EAT WEEKLY



ONES I CAN ADD EASILY



30 PLANTS A WEEK: FOOD LIST

FRUITS

APPLES
APRICOT
AVOCADO
BANANA
BERRIES
CHERRIES
CLEMENTINES
CRANBERRIES
DATES
FIGS
GRAPEFRUIT
GRAPES/RAISINS
KIWI
LEMON
LIME
MANGO
NECTARINE
ORANGE
OLIVES
PAPAYA
PEAR
PINEAPPLE
PLUM/PRUNES
POMEGRANATE
WATERMELON

VEGETABLES

ARTICHOKE
ASPARAGUS
BEETROOT
BOK CHOY
BROCCOLI
BRUSSELLS SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CUCUMBER
EGGPLANT
FENNEL
GREEN BEANS
KALE
LETTUCE
MUSHROOMS
ONIONS
PARSNIPS
PEPPERS
PUMPKIN
POTATO
SPINACH
SQUASH
SWEET POTATO

LEGUMES

BLACK BEANS
BUTTER BEANS
BROAD BEANS
CANNELLINI
CHICK PEAS
KIDNEY
LENTILS
PEAS
SOYBEANS/EDAMAME

GRAINS

BARLEY
BROWN RICE
BUCKWHEAT
BULGAR WHEAT
CORN/POPCORN
MILLET
OATS
QUINOA
RYE
SPELT
WHOLE WHEAT
WILD RICE

NUTS/SEEDS

ALMONDS
BRAZIL
CASHEWS
CHIA
COCONUT
FLAX
HAZELNUTS
HEMP
MACADAMIA
PEANUTS
PECANS
PINE NUTS
PISTACHIOS
PUMPKIN
SESAME
SUNFLOWER
WALNUTS

HERBS/SPICES

BASIL
CAYENNE
CHIVES
CINNAMON
COCOA
CUMIN
DILL
GARLIC
GINGER
MATCHA
MINT
NUTMEG
OREGANO
PARSLEY
PAPRIKA
PEPPER
TURMERIC

OTHER

COFFEE COUNTS!
CHOCOLATE SO LONG AS ITS DARK IDEALLY WITH 70% OR
MORE COCOA

30 PLANTS A WEEK: TRACKER

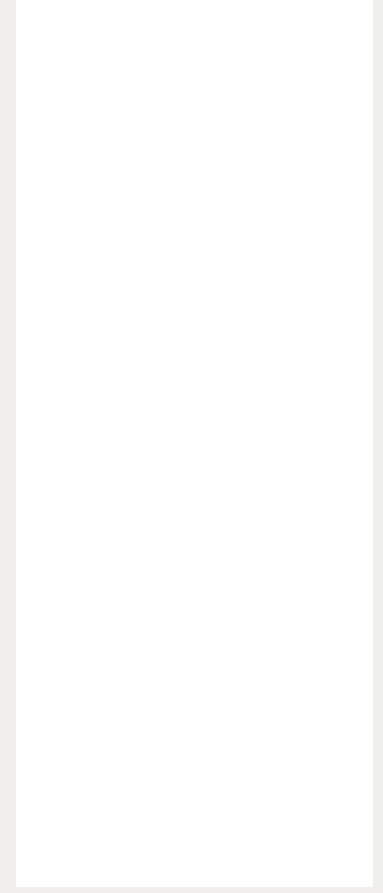
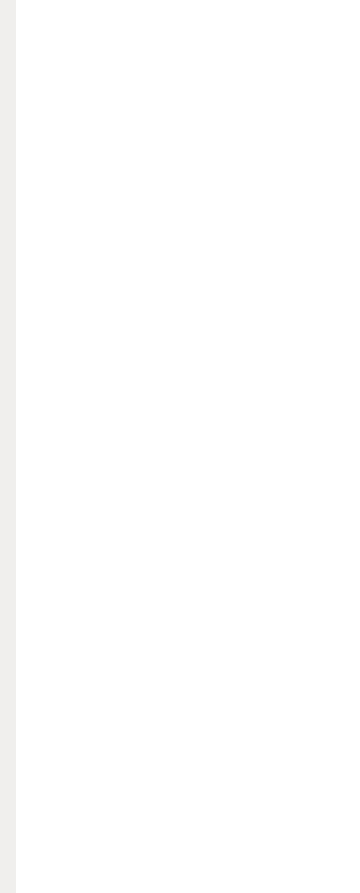
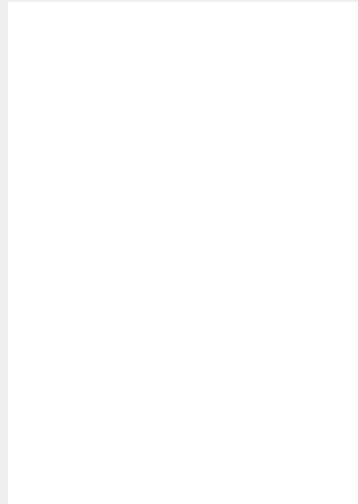
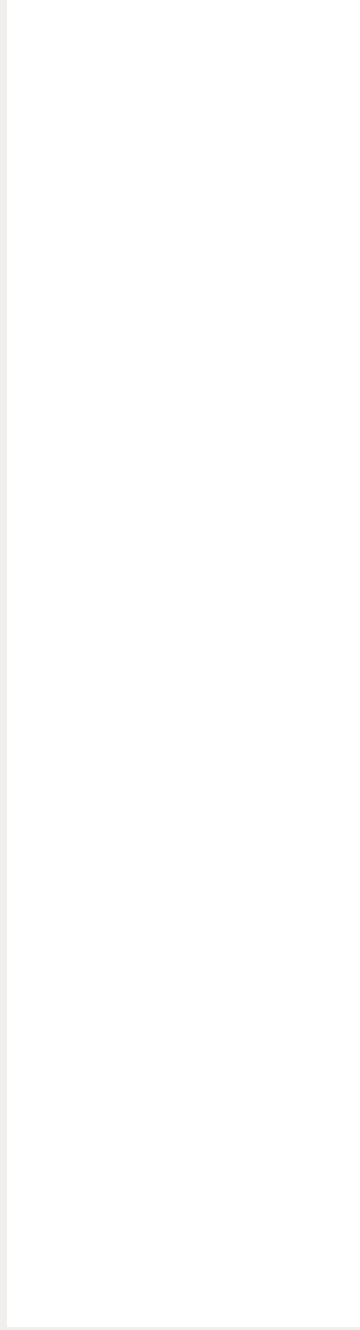
FRUITS

VEGETABLES

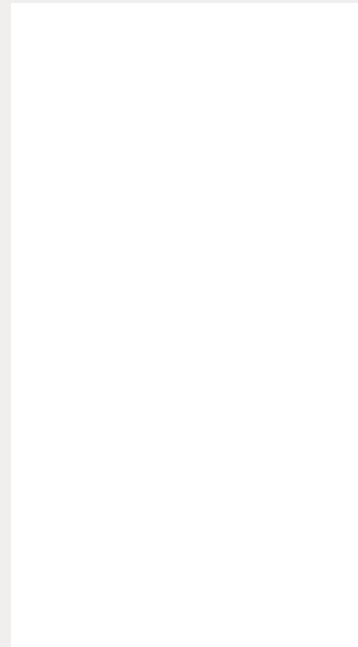
LEGUMES

NUTS/SEEDS

HERBS/SPICES



GRAINS



OTHER

